



**Best of the best**  
New student ambassadors inducted.  
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# SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



**It's all about respect**  
Activities galore promote special week.  
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MONDAY, APRIL 12, 2010

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGAC.ON.CA/SPOKE

42ND YEAR — NO. 13

## In the money

### More than 70 at college make over \$100,000

By MICHELLE SOMMER

The sun is certainly shining down on Conestoga College; well, at least when it comes to salaries.

The government's public sector salary disclosure, better known as the Sunshine List, was released on April 1. On it were the names of all the employees who made over \$100,000 a year; including professors and staff at colleges.

At Conestoga College alone there were over 70 staff members who made the list, including college president John Tibbits, several vice-presidents, chairs and professors.

Tibbits makes \$350,472 a

year, a figure that exceeds the salary of Brock University President Jack Lightstone, who currently makes \$333,576.

However, according to Lana-Lee Hardacre, the president of OPSEU Local 237, which represents the full-time faculty, Tibbit's salary was well within the norm.

In comparison, the president of the University of Waterloo makes \$485,039, the president of Wilfrid Laurier University makes \$318,270 and the president of Fanshawe College makes \$273,988.

According to the faculty contract, the top base salary for a full-time professor is \$96,529. However, some Conestoga

teachers made the list, with salaries that ranged from \$100,000 to \$141,881.

"Those professors are getting a premium on their salary, such as co-ordinating extra duties or additional teaching ... there are many who may just appear once (on this list)," said Hardacre.

She said that it wasn't until 2007 that professors even made their way onto the list.

According to Hardacre, the number of Conestoga employees on the Sunshine List this year is nearly the same as last year.

However, that number will increase dramatically in 2011 as faculty's maximum salary increases to more than \$102,000.

## Writing contest offers unique opportunity

By MITCH MUIR

Do you want to put a twist on the life of a politician you love or hate?

Fireside Publishing House is launching the first ever Leaders and Legacies writing contest: 'An early adventure of Paul Martin.' Contestants will write a short chapter about former Liberal prime minister Paul Martin at the age of 12 set in Windsor.

They will also be required to write a one-page book outline in order to be considered for entry.

"Since we started with two Conservative prime ministers, John Diefenbaker and John A. Macdonald, we wanted to choose a Liberal next," said Roderick Benns, author of *The Mystery of the Moonlight Murder: An early adventure of John Diefenbaker*, and owner of Fireside Publishing House. Benns is also the senior

writer with the Literacy and Numeracy Secretariat of the Ontario Ministry of Education.

The John Diefenbaker book was also published by Fireside. They will also be selecting the winning entry.

The company will choose one winner and up to 10 runner-up entries, depending on the quality. The runners-up may have information and a short biography published on Fireside's website, [firesidepublishinghouse.com](http://firesidepublishinghouse.com), and will also receive a certificate for making it to the short list of candidates.

The winner will be awarded a book publishing contract with Fireside.

"The winner should look up some basics on the Internet, such as siblings and parent names, etc., in case they factor into their first chapter," said Benns.

The writer can take a true-life story of Martin at the time

and put a little twist on it, such as him getting involved in a crime, or a story of when he meets his first love.

"Within the parameters that respect his family names and the time period, the writer could come up with just about anything," said Benns.

"Since this is the first year for the contest, we only expect around 50 entries," he said. "So the chances of winning are very high with a well-written chapter."

The fee for entry is \$65. Anybody who wishes to compete must be a student or have graduated within the last year. Only Canadian citizens and landed immigrants are eligible to enter. The deadline for submission is Aug. 1, 2010 and the winner will be called and announced in the fall. For further information go to [www.firesidepublishinghouse.com/BookWritingContest.html](http://www.firesidepublishinghouse.com/BookWritingContest.html).

## FASHION-FORWARD



PHOTO BY LISA BUCHER

Canadian fashion designer Brandon Dwyer launched his fall 2010 collection at LG Fashion Week. All of his models were wearing blond wigs for the show. For story and more photos see Pages 6 and 7.



# Now deep thoughts ... with Conestoga College

Random questions answered by random students  
If you could meet one person in the world, who would it be and why?



"President of China, just because."

**Dan Dwyer,**  
second-year  
woodworking

"Jesus because he's the most influential man."

**Stephanie Murfin,**  
second-year  
woodworking



"Benjamin Franklin because he's insightful and smart."

**Kevin Wiggs,**  
second-year  
woodworking



"Matthew McConaughey because the way he lives his life relates a lot to me and my life."

**Ethan Granger,**  
second-year  
woodworking



"Gerard Butler because he's dreamy."

**Zack Amos,**  
second-year,  
woodworking



"Gandhi because he's so chill and wise."

**Cassie Sarazin,**  
first-year  
design and  
communications fundamentals



Smile Conestoga, you could be our next respondent!

## 30-hour famine April 23

By STACEY FALCONER

More than one billion people worldwide do not get enough to eat. More than 143 million children under the age of five are underweight due to poor nutrition.

To help communities in crisis, World Vision is holding a 30-Hour Famine on April 23. Canadians all across the country will start starving themselves and continue for 30 hours, holding fundraising activities to raise money. Participants can decide where their famine funds go by selecting from a list of countries where World Vision works.

This year Haiti was added to the list due to the devastating earthquake on Jan. 12 that killed more than 200,000 people and devastated millions of others.

Other countries you can select to send your funds to include Albania, Cambodia, Ethiopia, Honduras and Rwanda.

During the famine there will be a variety of activities to help participants learn about world hunger and have fun at the same time.

"It is a really good cause," said Katy Tobin, a second-year radio broadcast student. "It gives you a perspective on what it's like in Haiti for children and everyone who are suffering."

World Vision offers health-care programs to help strengthen children's immune systems.

This will make it easier for children to fight off diarrhea, pneumonia and malaria.

Last year more than 82 per cent of the funds received by World Vision Canada went to programs that combat poverty and help children and communities in need. If you are interested in participating in the famine next year, sign up as a group leader and organize a famine event.

All the tools you need are at [www.famine.ca/index.html#about](http://www.famine.ca/index.html#about). Students can also earn volunteer hours by doing the 30-hour famine.

## SELLING THE BOOKSTORE'S SALE

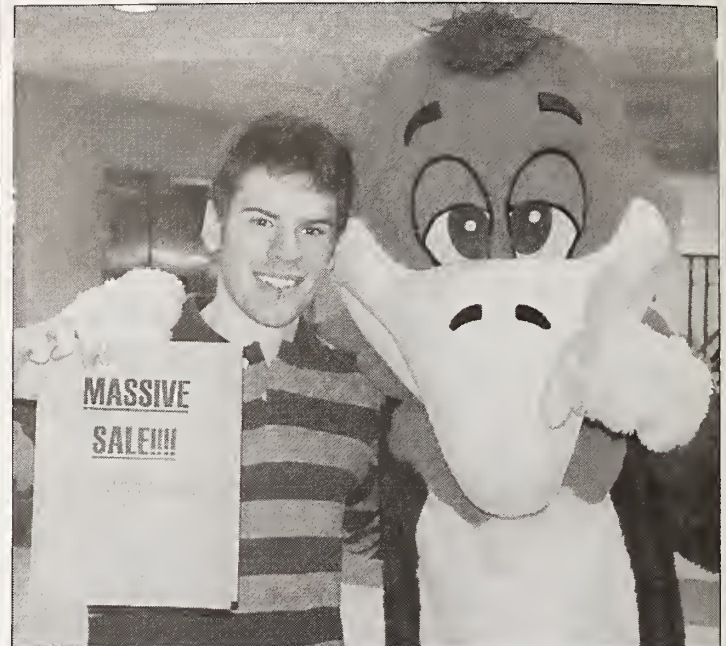


PHOTO BY MITCH MUIR

Alex Kirsopp and Clifford the Condor had a great time advertising a sale for the bookstore. On March 30, students received 25 per cent off textbooks.

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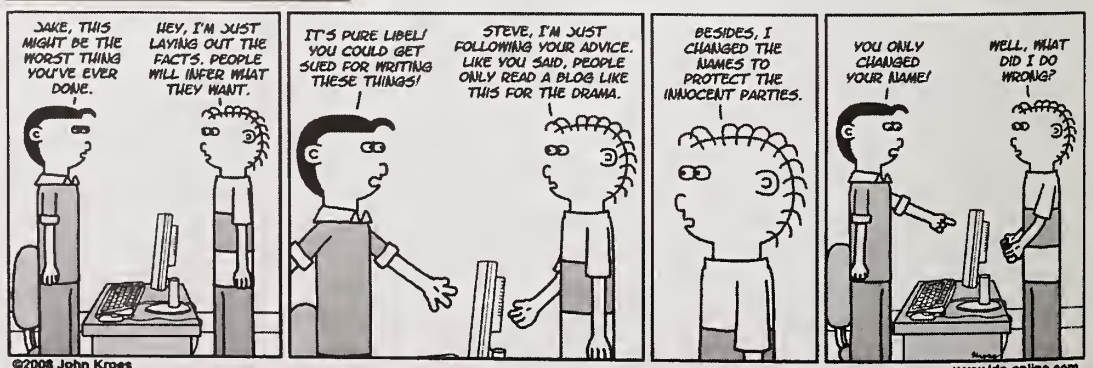
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## LAST-DITCH EFFORT





# Broadcast TV program on cutting edge

By ALEX COOKE

Experiential learning at Conestoga College is paving the way for future broadcasters.

After studying the Kolb Cycle, broadcast television program co-ordinator, Steve Parr, and chair of the School of Media and Design, Mark Derro, discovered that if a class actually practises what they're being taught, they retain 80 per cent of the information they've learned. In comparison, if a class is instructed to read a text, they retain only 10 per cent of the information, and 30 per cent through listening to a lecture.

"The soft skills learned are sometimes more important," Parr said.

Soft skills are learned through actually doing class assignments together; co-operation, communication and observation. Brain studies show that experience, observation, conceptualization and experimentation are the surest way for students to learn.

"Under the leadership of our chair, Mark Derro, we have taken the latest on what the academic scholars are saying about experiential learning and running with it in our teaching approach," said Parr. "There are no textbooks, no lectures," he smiled. "It's about doing it."

And doing it, they are.

Zoey Ross, a first-year broadcast television student, enjoys the creativity in the class.

"I love working with the cameras," Ross said. "The professional equipment is amazing."

After graduating the 19-year-old hopes to utilize his new technical skills to transform his business, DZ Theatre Company, into a film company.

There are 35 students in the first-year of the program, so the class is split into two groups. In the first semester, one group filmed a three-segment, online program called, Reel Time, every week. At the same time, the other half is in the field, working on assignments. In the second semes-



PHOTO BY ALEX COOKE

Zoey Ross, left, and Cara Murray discuss the popular trends of the '60s such as Scooby Doo, the Beatles and The Sound of Music in a segment of Reel Time called Flashback.

ter, the groups switch. Their assignments are featured on a custom YouTube channel.

In the second year of broadcast television, students continue to hone their skills on Conestoga Connected, an online site that features second-year assignments. Those who are interested in Conestoga College can search the site, and learn about the campus or programs.

"It's a payback for the college," Parr said. "Word is out

that the Conestoga College broadcast television program isn't what it once was."

The program takes advantage of the ever-changing media, streaming to the Internet, and students get the opportunity to dabble in every aspect of presenting their work online.

"Students get to reach people differently, and we have to 'run with scissors' to see what will work," Parr said.

Jason Hagholm, a first-year broadcast television student,

knew as soon as his first tour of Doon campus was over, that this was the college for him.

"I looked at Fanshawe, but Conestoga offers so much more," Hagholm said.

Once he graduates, he is looking forward to utilizing his skills in the broadcast industry, or to start a business of his own.

"The hands-on experience and working with my class has shown me what you can learn," he said.

## Your old jalopy could win you \$30,000

By JUSTINE REIST

That old beater sitting in your driveway might be your ticket to \$30,000.

Autotrader.ca is holding a contest looking for cars that are so bad they need to be driven off a cliff. Participants can submit a video to the website demonstrating why their car is the best candidate. The winning car will literally be sent off a cliff, with the owner receiving \$30,000 to spend on a new vehicle from the website.

Matthew Prodan, a University of Guelph student, is entering the contest with some friends.

"We weren't too impressed at all by any of the top entries," said Prodan.

"Many of them were just pictures with a description, and the few videos that were up there weren't terribly interesting and somewhat bland."

Prodan spent the day with

friends making a more interesting video about a '92 Cavalier they hope to see sent over the cliff.

"We thought it would be useful to go with a kind of story with a dominant theme of 'life ain't easy driving a '92 Cavalier,'" said Prodan. "So after a lot of brainstorming and about five hours of filming we managed to pull together something completely different."

The entries are voted for by viewers and the top 20 are submitted to a panel who will judge them based on creativity and individuality, as well as the most deserving of being driven off the cliff.

The '92 Cavalier is anything but pretty to look at. Driving is increasingly difficult, rust and holes riddle the body and a racing stripe adorns the side after an overnight practical joke. The driver has faced ridicule from friends and co-workers and is tired of being the butt of the joke.

"I don't want to ruin much of the surprise, as it (the video) is still being cut and edited as we speak," said

Prodan. "But we may very well have a real contender for that top prize!"

To see the entries and for

more information on the contest, visit [www.cliffyourride.autotrad.ca](http://www.cliffyourride.autotrad.ca).

**THANK YOU,**  
RESPECT STUDENT COMMITTEE!

**THANK YOU** to Conestoga's strong Student Leaders who pitched in throughout the week to make our College's first **RESPECT WEEK** a great success!

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**JONI BLUEMAN**, General Arts & Science  
**JANICE CHARNOCK**, Human Services Foundations  
**HOLLY CLARK**, Business Foundations  
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**AARON DOLSON**, Pre-service Firefighting  
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**DAVID GOFF**, Business Foundations  
**AWA GOMEZ**, English Language Studies  
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**CARLY INGHAM**, Business Foundations  
**MARCIA JORDAN-MANGROO**, Early Childhood Education  
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**LWITELA MATESO**, English Language Studies  
**STEPHANIE MORRISON**, Recreation & Leisure Services  
**LIAM NEUFELD**, Early Childhood Education  
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**JOHNNY SUM**, Office Administration - General

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# Our littering legacy

By GREG COWAN

As a Canadian you just have to love when the snow melts. It's like coming out of hibernation and discovering the beauty of the world all over again. We shed the layers of wool and corduroy in favour of Hawaiian shirts and flip-flops.

Also, you can check out all the cool relics from last summer. Every ditch, pond, park and cul-de-sac is like a time capsule now revealed after being sealed by Mother Nature just six months ago. Remember that cigarette you had to ditch because the bus was coming or the Tim's cup you threw out the car window in a hot-coffee-crotch fury, well, good news, they're still there.

Oh the memories. A plastic bag dancing free in the wind is the most beautiful sight to behold. It even got a cameo in the movie American Beauty. But don't rush out to the video store (Internet) because there are thousands of these modern art pieces right in our backyards.

Some grocery stores tried to go bagless, but in an united stand against their liberal-hippy nonsense, we just switched grocers. Don't get me wrong, Canadians put out the garbage. We aren't savages. But if the garbage can happens to get tipped over or attacked by night-crawling animals, than what do you want from us? We did our part.

Listen, gum on the ground is becoming a big problem. Our sidewalks and roads are just covered with the remains of a chewy good time. However, everyone knows when gum gets tasteless it just has to go. We can't be expected to keep chewing on something that is tasteless just because we are trying to save the planet. Sorry future world, take it up with the gum companies.

Another thing that is great about summer is drinking beer and smoking cigarettes. Even better, breaking those beer bottles on rocks and blindly flicking cigarette butts and letting the wind scatter them everywhere. Breaking bottles is just a good time and everyone knows broken glass near playgrounds just makes childhood games of tag more adventurous.

As for "properly disposing of cigarette butts," if a society has designated a specific area for smoking than it has designated it for being covered in butts. Flicking the butt and watching it spark out on the ground is so much cooler than putting it out properly.

*The views herein represent the position of the newspaper, not necessarily the author.*

## Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published. Letters should be no longer

than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to:

The Editor, Spoke, 299

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Spring's arrival and the subsequent snowmelt reveals humankind's disdain for the planet.

## Catholic scandals embarrassing

For most 15-year-old high school students, wearing a shirt and tie is an inconvenience generally reserved for weddings and funerals.

As a Catholic high school student, dress clothes were part of my everyday wardrobe for four years. My Sunday evenings were often spent rifling through my bedroom, in an attempt to find my dreaded dress shirts and black slacks.

In addition to uniforms, morning prayers, occasional assemblies and religion classes separated me and fellow Catholic school students from our secular counterparts.

Despite abandoning my Catholic beliefs, I still identify with the church in some ways, and share in the current sense of embarrassment.

Scandal seems to emerge on a weekly basis, revealing appalling details of clergy members abusing their power and privilege at the expense of others.

Last month details emerged of a priest allegedly molesting around 200 deaf boys at St. John's School for the Deaf in Wisconsin between 1950



Chris Batt  
Opinion

and 1974. Internal documents leaked by the New York Times detail the horrific behaviour of this priest, put in a position of authority over children. After learning of this scandal, Vatican officials disagreed on whether or not to punish the priest, but agreed that protecting the church from scandal was the top priority.

In Germany, allegations of sexual abuse by clergy members are expanding and pose an even greater threat to the church, as they directly link Pope Benedict XVI to the scandal. The Pope is under scrutiny for not disciplining or removing a German priest who was later convicted of molesting boys. The priest continued serving in the diocese overseen by then Archbishop Joseph Ratzinger, who currently serves as the Pope.

These troubling allegations and scandals raise several controversial issues in the Catholic Church that must be addressed.

The church needs to modernize its bureaucracy and establish a more accountable system of discipline within its ranks. Openness and transparency, particularly with issues of child abuse, are needed to show followers and the general public that these abusers will not be protected and coddled, but punished and brought to justice.

A more radical measure that must be considered is allowing clergy members to marry. Allowing marriage would attract a different type of candidate for priesthood.

The church needs to begin taking immediate steps to remove pedophiles from its ranks, and ensure that children are protected.

Reforming the bureaucracy and allowing priests to marry would be two significant steps toward modernizing the church and rebuilding its damaged reputation.

It would also make life a little bit easier for Catholic school students everywhere.

## SPOKE

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PHOTO BY NICK DASKO

Samantha Martin and Elyse Wenzler learn the basics of salsa dancing at Strumming for San Roque. The fundraising event was planned by four event management students. Their efforts raised over \$900 for a school in one of the poorest parts of Ecuador.

# Students fundraise for Ecuador

By NICK DASKO

Conestoga College's event management students held a successful fundraiser for a school in Ecuador on March 31. Strumming for San Roque took place at Caesar Martini's, a bar and restaurant in Waterloo, and featured the music of the talented guitar players Juneyt Yetkiner and Gianni Salvador. Between the charismatic sets, instructors from Salsa Ontario taught the basics of this Latin-American dance.

The event, which was organized by Nikki Proctor, Samantha Martin, Steph Aniol and Sarah Sim, raised over \$900 for a school in San Roque. This area is one of the poorest neighbourhoods in Ecuador's capital city, Quito.

Martin was overjoyed with the money that was raised for the school, exclaiming "Woohoooo!" Lindsay

McGoran was one of the people who entered the event's raffle. "I didn't win but I had a great time and it's good to see this money going to such a great cause."

With foods such as delicious empanadas and Yetkiner's beautiful flamenco songs inspired by such subjects as his friends and Nikola Tesla, everyone was clearly enjoying themselves with giant grins flashing on their faces.

The evening came to an end after Salvador finished a Nuevo Cancion version of the classic song My Way. He then thanked all the guests with a touching speech describing his recent visit to San Roque. He put a personal touch on the evening having come to Canada from Ecuador in search of a better life.

The children of San Roque will benefit thanks to the donations and hard work that went into Strumming for San Roque.

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# Every collection tells a story



PHOTOS BY LISA BUCHER

At Toronto's Fashion Week, held March 28 to April 3, people had the opportunity to have their pictures taken in a Barbie box. Beside the box was a wall that people could write comments on. One person wrote, 'Barbie gave me an eating disorder.'

By LISA BUCHER

**I**ronically, fashion is anything but superficial. Just as you can delve deeper into a good book or an inspiring painting, fashion is more than meets the eye. Every detail of a collection, from the fabrication and techniques to the use of colour and how the pieces are strutted down the runway, has been meticulously thought out, having a reason and a purpose.

However, many people don't realize this, instead believing each collection is the same as

the next, within and across fashion houses. In fact, collections are created by an individual mind with a muse, a moment or an experience that had a profound influence on the designer.

Toronto's LG Fashion Week was held March 28 to April 3 and was an opportunity to see Canada's up-and-coming fashion designers work in all their glory, surrounded by a back drop of inspiration combined with models strutting the runway in character. Some of the Canadian fashion designers at the event were:

## David Dixon

In David Dixon's world every fashion collection tells a story.

For fall 2003, the Toronto designer took inspiration from love letters written by his grandfather to his grandmother from the trenches of the First World War. In the spring of 2006, he recalled a pretty Italian girl he'd seen while backpacking in his youth and his spring 2008 collection was inspired by a trip to Newport, Rhode Island.

Dixon, who is considered one of Canada's brightest and most thoughtful designers, shows twice-annually and his runway shows are the highlight of Toronto's Fashion Week.

For his fall 2010 collection, he was inspired by the human spirit, seeing the world's reaction to the devastation in Haiti and Chile and the way people across Canada connected during the Olympics and joined in to celebrate all countries.

Dixon created what he refers to as a new global tribe collection in celebration of diversity and unity.

To represent diversity he used fabrication and techniques from different countries and cultures to create his vision of a new global tribe, uniting the diversity into a collection. He used elements such as handwoven raffia from Spain, woven strips of leather symbolic of African basket weaving, traditional Chinese cloth, Japanese prints, Canadian wild fur, South African detailing and Indian mirror beading.

Dixon has also given us the opportunity to fulfill our childhood dream of having Barbie's wardrobe, with his recently launched brand, Barbie by David Dixon.

Another of his fall collections was inspired by Carnaby Street in London, a popular place for followers of the Mod and hippie styles during the early '60s, and a place of great social and cultural change. Carnaby Street still remains a hub of London offering boutique shopping, trendy places to meet and a stylish nightlife.

"When I was in London last it was a huge source of inspiration in its wide range of great and unusual shops, unique people and vendors," Dixon said in his Fashion Week pamphlet.

"For the fall 2010 Barbie collection, I wanted to capture the essence of that period. It

was a period of freedom and individuality and the rise of pop culture. But the modernity of that time still influences us in all areas of design today. There is a strong influence of pop art like Mondrian and Rothko, slight military references, Twiggy, Jean Shrimpton and Mary Quant all play a role."

Dixon finds that Barbie and Carnaby Street share great iconic and timeless qualities, making them a perfect combination to meld together into a collection.

It was refreshing to see cute, regular-sized young women with blush-coloured cheeks and girl-next-door smiles walk the runway blowing random kisses or giving a flirtatious wink, wearing side ponytails and those signature Barbie earrings.

Colours of fuchsia, black, camel and muted red filled the collection made of knit, tweed, sweater dresses, winter florals, camel hair, taffetas and bubble brocades.

The looks were sophisticated and classic with a hint of cuteness. Exactly what we remembered Barbie to be.

## Gaudet

Gaudet Fashion House opened Fashion Week with their collection inspired by Medea, a woman from the Greek legend of Jason and the Argonauts.

This was Norman and Gio Gaudet's second year participating in LG Fashion Week, so they were much more cost savvy. Last year's show cost them \$24,000 and this year, \$12,000.

"Medea was actually Georgian and we were looking for a Georgian muse," said Norman Gaudet. "We came upon Medea and found her to be an incredibly powerful woman with some magi-



Gaudet's models wore gold and lace that took three hours to apply.



This entirely edible macaroon dress took a month for MoRoCo Chocolat to create. The ones rimming the skirt were hand-painted with a '50s flower design.



Volunteers handed out LG Fashion Week magazines.



# at Toronto's LG Fashion Week

cal powers, using nature to draw her power from, and so, that is where we came up with the makeup idea. We came up with very strong looks and I think you could probably see the forest feel, and the water colours, turquoise, brown and moss, all because she was very in tune with nature."

Gaudet explained the process of going from an idea to a collection. When creating a collection it must all meld together. So you start with your muse, your inspiration, that something that ties it all together. After that it is a question of deciding what sorts of fabrics to use and whether or not to introduce new fabrics, thinner or thicker. Then you have to just sit down and start drawing it all, which is a very long process, much longer than the actual making of the pieces, because it goes through a lot of revisions to be able to come up with the exact look that you want for each piece.

Gaudet's models strut the runway with strong legs, heavy feet and no smile. Their hair was big, frizzy and teased into place and they wore gold dust and lace accents on their faces.

"The gold is a powder that is mixed with an agent that allows it to become a liquid and to keep the metallic feel of it," said Gaudet. "We bought some lace and glued it onto the face with eyelash glue. We started at 1 p.m. for our show which was at 4 p.m. and literally the models were done 10 minutes before the show."

## Angela Chen

"In preparation for the show I hand-knitted every single piece in the collection," said Angela Chen, 26, a Vancouver native and graduate of Parsons of New York. There were 23 pieces in her collections.

This was Chen's first Fashion Week show and she was extremely happy with it and hopes that more buyers will be interested in carrying her line, Orange by Angela Chen.

Chen said that her life experiences inspire her designs, not a particular muse.

"This season's collection is titled, Contrast," said Chen. "It's very much east meets west coast as I have lived in New York for the past seven years and I just recently decided to live bi-coastally between New York and Vancouver. My fall, winter 2010 collection reflects the hard sophistication of New York and the soft organic feel of the west coast."

The models were put together with that contrast in mind. Their hair was worn natural with almost a hippie feel and their makeup was also very natural. The clothing was minimalist and feminine but had a sophisticated New York look.

"I looked for models that have the Orange girl look and attitude and a bit of New York confidence," said Chen.

## Brandon Dwyer

Brandon Dwyer, who is currently in the Dominican Republic looking for inspiration for his spring, summer

2011 BASCH collection, designs for the strong, feminine woman who knows what she wants.

His fall collection "was inspired by different emotions and events that I have been through this past year," said Dwyer. "I kind of put everything that was going on in my life into a big mixing bowl and stirred it all together and there was my collection."

Dwyer starts with his inspiration so that "with the concept or idea in hand you can start to pick out your fabrics and styles. Once you have decided on materials, styles and basic silhouettes to follow throughout the collection, you create all the patterns. Then you start the sewing and the draping and the real meat and potatoes part of creating a collection. During this whole process there is tons of editing, so the collection is always growing and evolving into something different."

The collection was edgy, very sexy and less feminine than his previous collections. His line had stripes, tweed, leather and faux fur. The models all wore blond wigs that covered one eye with black feathers pinned in the fringe and had a very seductive walk.

These designers typify the art and design that showcase Fashion Week.

More than 20 designers participated, showing the Canada's fashion industry is in great hands. These established and up-and-coming designers are taking the world by storm.



PHOTO BY LISA BUCHER

Gaudet's fall collection was inspired by Medea, a woman from the Greek legend of Jason and the Argonauts.



PHOTO BY GEORGE PIMENTEL

David Dixon's Barbie Collection for fall 2010 was inspired by Carnaby Street in London.

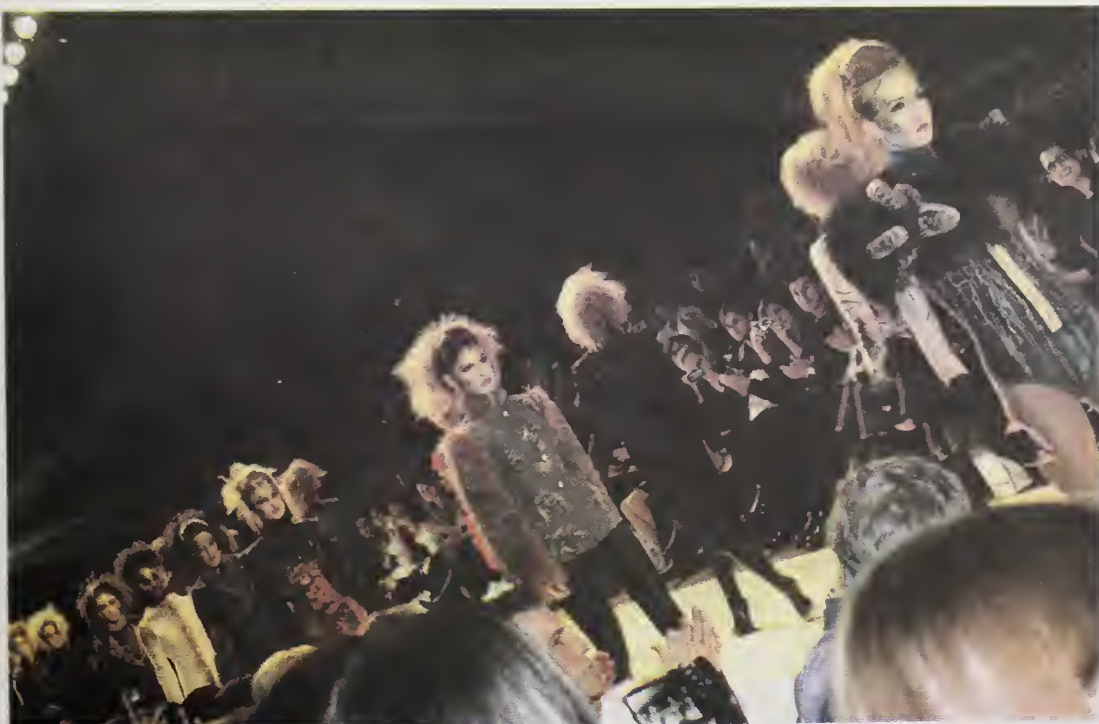


PHOTO BY LISA BUCHER

It was Norman and Gio Gaudet's second year participating in the LG Fashion Week at the new automotive building at the CNE grounds.



## Students to perform play in the Sanctuary April 21

By ALEX COOKE

CSI Clubs and Conestoga Dramatics presents ... The Writers Trap, a play written by John Bouskill and directed by Vikki Klein and Jordan Chalmers, all Conestoga students.

On April 21 seven cast members, made up of Conestoga

College students, will perform the play in the lower Sanctuary at Doon campus.

The play delves into the world of Orville, a playwright who has produced several terrible plays, who is pulled inside the stage and confronted by a variety of his characters in an attempt to improve the quality of his writing.

## MANNEQUINS HELP BRING PEOPLE BACK TO LIFE



PHOTO BY GREG COWAN

Frances Taylor stands over a clinical simulation doll used by the nursing and respiratory therapy students. The doll simulates a heartbeat, breath and bowel sounds, allowing the students to conduct chest and abdominal assessments and recognize vital signs.

1 in 5 survives.  
We can all do better.

Today, 1 in 5 people with diabetes survives heart disease.  
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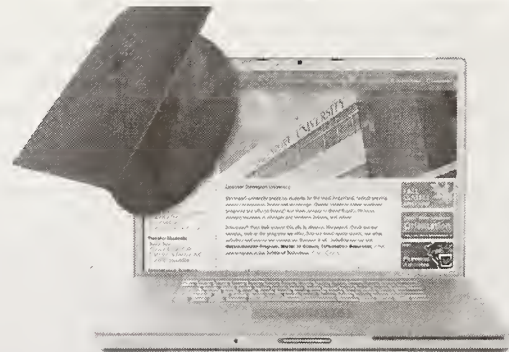
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# Treating eating disorders often difficult

## Wait times, especially for inpatient programs, are much too long

By JANELLE SCHEIFELE

The treatment of eating disorders does not involve only the patient and a doctor, but a team of health professionals and the individual's family and friends.

Eating disorders centre around a skewed relationship with food and usually body image and self-confidence issues. Individuals may be preoccupied with their appearance, obsessed with being thin and judge their self-worth based on these traits. They may try to control their weight by under eating (anorexia nervosa), bingeing and purging (bulimia nervosa), using laxatives, diet pills or diuretics or engaging in excessive exercise.

Also considered an eating disorder is binge eating, leading to being overweight. Many of the mental and health issues such as body image are similar to other eating disorders.

Although the majority of individuals suffering from eating disorders are female, there is also an increasing number of males being diagnosed, some of whom may have "bigorexia," which is a disbelief that they are too thin leading to over exercise and an increasing likeliness of steroid use.

Although the topic of eating disorders is still somewhat taboo, there are many excellent organizations and services available in this community for treatment.

Trellis Mental Health and Developmental Services, located in Kitchener, has programs geared specifically toward eating disorders, including "outpatient assessment and treatment" said supervisor and therapist Mark Breathwaite.

Treatment involves a "team of dieticians, therapists and social workers," in addition to regular contact with the patient's pediatrician.

Trellis is OHIP funded and offers services related to mental health issues. They seek to improve the ability of these individuals to cope and live successful and happy lives, including those with food issues.

Patients in Trellis programs do not have to be referred by a family physician but can seek treatment themselves, said Breathwaite. Treatment is tailored to the individual and varies for adolescents and adults.

For adolescents, treatment also involves the family. Eating disorders affect the



PHOTO BY JANELLE SCHEIFELE

People get a lot of mixed messages when it comes to eating properly and this confusion can contribute to an unhealthy relationship with food and, potentially, an eating disorder.

way the entire family functions and relates to one another, making it necessary for everyone to be involved and working collectively. The adolescent patient will attend one-on-one sessions with their team of health professionals as well as a support group, while families attend their own groups and support their loved one.

The treatment for an adult patient would involve the same team approach, but without the family involvement if they are living more independently.

Trellis does sometimes refer more serious cases to inpatient care facilities such as Homewood in Guelph, Credit Valley Hospital in Mississauga, Toronto General Hospital or the Hospital for Sick Kids in Toronto for younger patients. Homewood is a private facility with only a few privately-funded beds, while the others are fully covered by OHIP.

Homewood Health Centre treats mental health issues and addiction. They have programs to treat eating disorders, as well as drug, alcohol and gambling addiction, depression and anxiety, traumatic stress, dementia and similar issues found in older adults and they also provide psychiatric care.

Homewood treats about 4,000 patients each year in a combination of in and outpatient programs using a team of trained and accredited staff.

According to April Gates, programs co-ordinator for eat-

ing disorder treatment, inpatients must be at least 16 years old and require a diagnosis from a doctor or therapist, usually once they have reached a low body mass index.

Homewood treats between 100 and 120 people each year in their eating disorder programs, with a couple of beds funded by OHIP and the rest paid for privately at around \$225 per day.

Patients being treated for bulimia generally stay anywhere between seven and nine weeks, while those with anorexia nervosa may stay for up to six months.

"They need outpatient treatment to succeed" and maintain their recovery, said Gates. "Almost replicating the team at Homewood."

Homewood uses the same team approach as Trellis, a combination of health professionals including doctors, psychiatrists, therapists and dieticians.

In order to help their "graduates" maintain the positive momentum generated during treatment, they also hold a support group twice monthly for those back at home.

Patients are referred to Homewood by their family physician, therapist or they may learn of them through the Eating Disorders Awareness Coalition of Waterloo Region (EDAC).

EDAC is often a first resource for those who suspect they or someone they know may have a disorder. According to executive director Kathryn Barratt, over 600

people contact them each year.

EDAC focuses on prevention, education and support. They conduct school programs to help promote the development of a positive body image, especially in girls, and on their website they provide a comprehensive directory of services available in this community, including Homewood and Trellis. Also included in the list are various individuals and organizations that specialize in treating eating disorders. EDAC also hosts a family and friends support group at Trellis's facility for the loved ones of an eating disorder patient.

Although there appears to be many resources to treat eating disorders, the wait times to receive treatment, especially for inpatient programs, are much too long.

"Usually (there is) around a year-long wait list," said Barratt by email.

Receiving prompt treatment is crucial as one in 10 people with anorexia nervosa will die, according to statistics from the National Eating Disorder Information Centre.

Waiting up to a year for an inpatient spot leaves the individual to suffer on her own and her family to pray that the family member doesn't deteriorate further. There are emergency services, however eating disorder patients must be willing to receive treatment and often they are in denial that they even have a problem.

Barratt thinks the lack of inpatient care is one area that needs improvement in the treatment of eating disorders in this community. The few beds available locally have long wait times, however, OHIP will fund treatment south of the border, but only if the patient is in danger of serious and permanent damage if they don't receive help immediately. Eating disorders should be treated as early as possible for recovery to last.

Trellis's Breathwaite would like to see more support groups available, both for those with eating disorders and also for their loved ones. These groups are very important on the road to recovery but they must be facilitated by qualified staff to be successful and helpful, a task many are unwilling to take on.

Gates, at Homewood, would like to see more programs that treat "concurrent disorders." Eating disorders do not usually occur in isolation, but often also involve anxiety, depression or addiction. She would like to see more places where individuals can "work on multiple issues at once."

At Homewood they are lucky because they can bring in other programs they have, but many organizations don't have that luxury.

The treatment of eating disorders is long and difficult, but there are many organizations and individuals who are qualified and passionate about helping people who struggle with these debilitating diseases.

### SHOCKING STATS

- According to a 2002 survey, 1.5 per cent of Canadian women aged 15 to 24 had an eating disorder.
- The average duration of bulimia nervosa is 8.3 years.
- Anorexia nervosa has the highest mortality rate of any psychiatric illness as one in 10 will die within 10 years.
- Adolescent females who diet are at a 324 per cent greater risk for obesity than those who don't diet.
- Twenty-eight per cent of girls in Grade 9 and 29 per cent of girls in Grade 10 perceived themselves as too fat.





## HOROSCOPE

Week of April 12, 2010



## Aries

March 21 -  
April 19

This weekend you will decide to jump off the roof of your friend's house while shouting, "I am a golden god!"



## Libra

September 23 -  
October 22

On Friday you will begin training in Brazilian ju-jitsu. This will prove useful in your new job as a bouncer at nightclubs.



## Taurus

April 20 - May 20

On Thursday you will make the decision to build a pair of shoes that let you jump over 50 feet in the air. Say hello to your new job in the NBA.



## Scorpio

October 23 -  
November 21

At some point during the week you will be hired by a group of farmers to protect them from a group of bandits. You will gather six other gunmen to do so.



## Gemini

May 21 - June 21

On Tuesday you will hear about new televisions which use 3D technology. Too bad the TVs cost over \$4,000 and each set of goggles cost \$250.



## Sagittarius

November 22 -  
December 21

You should beware of a transvestite wearing a fuchsia Panama hat. The transvestite will attempt to rob you of your organs.



## Cancer

June 22 - July 22

On Sunday you will develop a new kind of pizza topping. Prepare to be rich until Pizza Hut steals your idea for no money.



## Capricorn

December 22 -  
January 19

On Sunday a Clydesdale horse will defecate through your window. You should argue with the owner of the horse and not the horse itself.



## Leo

July 23 - August  
22

On Wednesday you will get into a fistfight with a Croatian cheese maker. Be worried about getting curds in you eyes.



## Aquarius

January 20 -  
February 18

On Monday a very hairy man will sell you some combs and brushes for your hair. Because he is so hairy you will likely get a good deal.



## Virgo

August 23 -  
September 22

This weekend you will be recruited by a green-headed scientist with no hair or eyes but who wears glasses for experimentation.



## Pisces

February 19 -  
March 20

This weekend you will get Japanese horseradish in your eyes. This will be quite painful. Flushing them out with water or milk would be a good idea.



Nick Dasko is a second-year journalism student who makes these up for your amusement.

# Driven to Quit Challenge a huge success

By NICOLE FRANK

The Driven to Quit Challenge enticed 28,000 people across Canada to try and stop smoking, Jordan Moore, senior co-ordinator of communications for the Smoker's Helpline, said.

"It was the best year yet," she said.

The challenge, which officially ended March 31, was presented by the Canadian Cancer Society and participants had to quit smoking for

the entire month of March to qualify for great prizes. Some of the prizes included \$1,000 Master Cards and trips. The top prize was a 2010 Ford Escape.

Jordan said they are in the process of calling the winners and they will be publicly announced on April 19.

Even though former Conestoga College student Mandy Poulin didn't win, she is glad that she took part in the challenge.

"I have tried many different

things to stop smoking but this really worked for me," she said.

Poulin said as part of the challenge she picked a buddy who really helped her out. Participants were encouraged to get a friend or family member who was smoke-free and reliable for support. The buddies were also eligible for prizes.

"My buddy didn't win either but she didn't care because she knew how much she helped me," Poulin said.

## Counselling services presents the STRESS FREE ZONE

Wednesday April 14<sup>th</sup> / 10:00am - 1:00pm

Please drop by the E Wing

Massage Therapy  
Come in for a free mini session.

Wednesday April 14<sup>th</sup>  
STRESS FREE ZONE  
E Wing

reflexology

healthy snacks



R-E-S-P-E-C-T FIND OUT WHAT IT MEANS TO ME



PHOTO BY CHRIS BATT

Colourful banners could be seen throughout the Doon campus during Respect Week held March 29 to April 1. There were 27 volunteers who supported the event and who helped to distribute 379 suckers.



PHOTO BY ALEX COOKE

Brenda Laugalys, a second-year general arts student, and first-year student, Mark McIntyre, decorated T-shirts during Conestoga's Respect event on Monday. Twenty-eight T-shirts were designed in total, raising \$283 for the Respectful Relationships Clothesline.



PHOTO BY ALEX COOKE

First-year general arts students, left to right, David Goff, Bethany Fleming and Dumo Maphosa were three of the 27 volunteers. Ryan Connell, student life programmer, described the number of smiles, memories and happy encounters experienced during Respect Week as 'priceless.'



# Conestoga has two new student ambassadors

By GILLIAN WEBBER

Two exceptional students donned their red jackets and name tags to become the newest members of Conestoga College's team of student ambassadors at an induction ceremony April 1.

Like their fellow ambassadors, Sehar Rizwan and Carol Truong-Cat, they were appointed to the position because they exemplify "the best of the best" of Conestoga's student population. They will be on hand at a variety of events including campus tours and alumni gatherings to share their personal experiences and promote the college.

"In order to be a student ambassador you really have to be reliable, you have to be in good standing with good marks and you have to be very energetic and outgoing," said Pat Edwards, assistant to the executive director of marketing and alumni.

Vice-president of student affairs, Mike Dinning, and executive director of marketing and alumni, Paul Osborne, presented Rizwan and Truong-Cat with their distinctive jackets and reminded the latest inductees and their fellow ambassadors, Ryan Metivier and Aleena Aftab, of the importance of their role with-



PHOTO BY GILLIAN WEBBER

Student ambassadors, left to right, Ryan Metivier, Carol Truong-Cat, Sehar Rizwan and Aleena Aftab, with executive director of marketing and alumni, Paul Osborne, middle, were all smiles at the induction ceremony for new members of Conestoga College's team of ambassadors.

in the college and the community.

"When I stand and speak to a bunch of prospective students, I'm just another adult telling them education is important," said Osborne. "But when you as a peer talk to them it can really help them and it means a lot to

them. You're always representing not just yourself, but your program and your school and the college."

Though a bit nervous about the responsibility they were taking on, both Rizwan and Truong-Cat were looking forward to the opportunities that come with being a stu-

dent ambassador.

"It feels awesome in terms of all your hard work paying off," said Truong-Cat, a second-year international business management student. "I think being involved in representing the school really helps us with our education and our careers."

"It's a lot of motivation for you especially because you don't really know if you can get anywhere when you come to college or university," said Rizwan, a first-year marketing student. "I'm really excited right now. It's a big weight, but it's a big honour."

## SWEET SPRING IS IN THE AIR



PHOTO BY JUSTINE REIST

Winter is nowhere to be seen as the trees begin budding. Temperatures will remain above 10 C, reaching the 20 C mark by mid-week.

## WATCHING OUT FOR A FRESH CROP

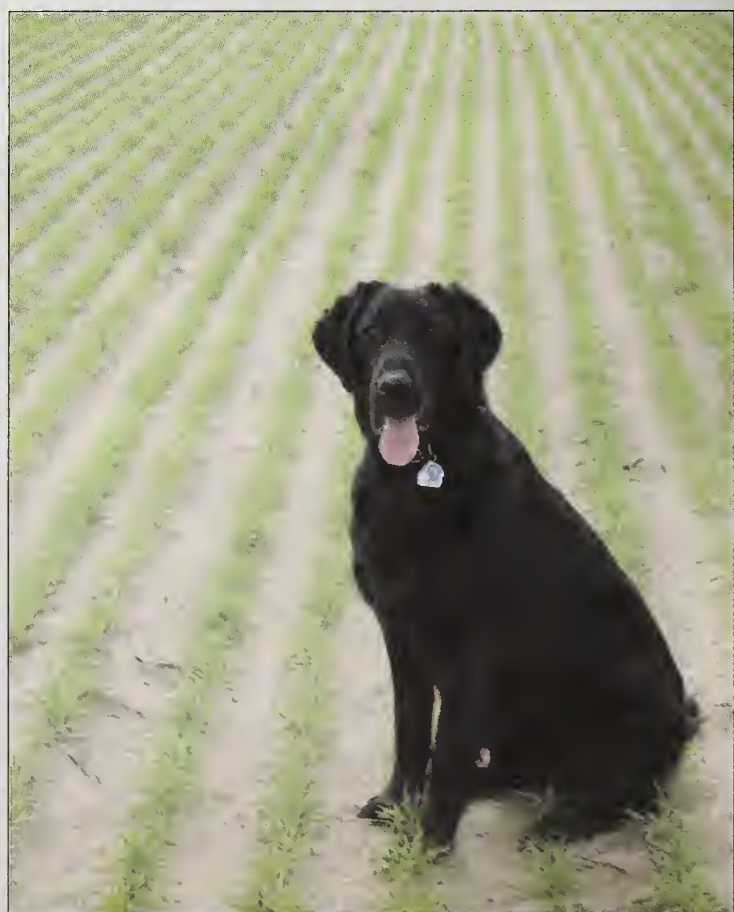


PHOTO BY MICHELLE SOMMER

Everyone loves spring, even Shadow, a labrador-retriever cross. However, the farmer who owns this field may not be happy that Shadow is sitting on his newly-planted winter wheat.